

Arlington Council on Aging
Meeting Minutes, June 10, 2021

Present: Michael Quinn, Anne Brown, Kristine Shah, Mary Hung, Jill Greenlee, Pat Baillieul, Laura Liscio, Sheila Connerney, and Marge Vanderhill

Associates: Bob Tosi and Karen Nichols.

BOS Liaison: Steve DeCourcey

ASA Liaison: Malcolm Hamilton

Public meetings are conducted remotely due to the COVID pandemic. This meeting was recorded.

1. Call to order: The regular meeting of the Council on Aging Board was called to order by Michael Quinn via Zoom at 6:02PM on June 10, 2021.
2. Citizen's open forum: Charith Paris
3. Minutes of May 20, 2021, were approved. Anne Brown so moved and May Hung seconded. Correction Chinese writing: change Mandarin to Chinese
4. **Executive Director's Report: Kristine Shah**
 - I. Updates on Programs/Services
 - i. An additional 13 Chromebooks were purchased with remaining grant funds to add to our Technology Loan Library which brings our total devices to 68 Chromebooks and 17 hotspots. Currently, 55 Chromebooks and 21 hot spots have been distributed to older adults in town.
 - ii. Outdoor program options were added to ongoing virtual program options beginning June 7. Outdoor programs are taking place in Robbins Gardens, between the Library and Town Hall. Chair Yoga, LGBTQIA+ group and Yarn group are the first groups to meet in person, outdoors. A weekly walking club has also begun at MacLennen Park. Podiatry clinics will take place outdoors through the summer months as well. Additional outdoor program opportunities will be added for June and July, including some special events such as an animal encounter show.
 - iii. After surveying our virtual program participants, 88% have requested the currently offered programs remain virtual until the new center officially reopens in the fall. We have decided to continue all virtual programming and compliment offerings with outdoor programming in order to meet this request. This will allow older residents to return to us in person at their comfort levels. Instructors also prefer virtual programming.
 - iv. Our transportation program is now running at full capacity levels. Masks are required on our vans in accordance with the governor's guidance that masks should still be worn on public transportation. We are also offering rides to medical appointments through our volunteer medical escorts once again. This is currently the only program that we are requiring vaccinations for.
 - v. 5 Harry Barber program participants received their full \$1,500 toward rent in June as that program runs on a fiscal year. Property Tax Work Off

participants are still collecting their volunteer hours and will turn in their time sheets in October.

- vi. Our Lahey Farm Share program will begin July 7 and continue weekly through November 10. There are 70 recipients. MSS gives out \$25 coupon books to be used at Farmers' Markets.
- vii. Arlington EATS Market is planning to reopen to in person shopping this summer. We are working with them to provide transportation for those who need it and also be sure that our residents who can't get to the in person market are able to have a delivery option.

II. Age Friendly/Dementia Friendly

- i. Thanks to a \$7,800 grant from I'm Still Here Foundation, we will begin offering virtual fitness classes to residents living with dementia and their caregivers. We are partnering with a certified "Ageless Grace" fitness instructor to offer these classes which will begin in August.
- ii. Caitlyn Coyle from UMass Boston has been secured as a consultant to conduct 5 community listening sessions to finalize our data collection for Age Friendly/Dementia Friendly. The timeline has these sessions happening through the summer and the action plan being finalized in late fall.

III. Financial Updates

- i. The end of FY21 is upon us and we are working hard to close out all of our budgets and accounts for the year.
- ii. FY21 Grants Received
 - 1. CDBG FY22: Transportation Program (\$31,540), Volunteer Coordinator Position (\$52,922) and Adult Day Health scholarships (\$6,000).
 - 2. \$7,800K ISHF, \$22K Sussman, \$11,860 LHMC, \$28,880 from MAPC, \$3,400 Mass Service Alliance, \$5,000 Mt. Auburn Hospital
 - 3. Application is in for \$15K Symmes Grant (for transportation)

IV. Capital Campaign/Renovation

- 1. 15,000 pieces was sent out to Arlington Residents in late May. \$1,400 was raised in the weekend following the mailing being received.
- 2. We are still planning for construction to be finished in the fall. As soon as the building is ready for tours, the board will be the first to have one scheduled.
- 3. We did a walk-through of the construction with ACMi to be sure that our spaces were equipped to air our programs/activities/meetings to residents who can't come in person to the new center.
- 4. We are currently working with 'My Senior Center', our database company, to provide check in kiosks when the center reopens. This will help us keep track of those utilizing our programs and services in a more efficient way.

V. Other:

Fall Fundraising: We plan to offer our 5K Race virtually again this year for those who would like to continue the tradition.

1. We are also planning a memorial tribute event, to remember those we have lost since March 2020.
2. COA and ASA will meet over the summer to put a plan together for greetershosts/hostesses in the new Community Center, and calendar of programs and events that the ASA will be responsible for.
3. We are currently still assisting residents who need access to the COVID vaccine with a home visit by our nurse. We are planning outreach to in-town Barber Shops/Salons and other local community businesses to help spread the word about vaccine importance.
- 4.

5. Report of the Chair: none
6. Minuteman Senior Services: Marge

A. Kelly Magee Wright, Executive Director, provided an operations update and discussed areas to be addressed for future planning. Mask requirements continue for all employees, volunteers, consumer programs and onsite activities regardless of vaccination status. Direct care workers are required to wear masks while providing services. Plans are being discussed about bringing people back into the COAs.

B. Kelly believes we need to rethink our aging and disability delivery care system going forward. There is an emphasis to address racial and social justice and work towards diversity in communities that are underserved. Continued investments in data, funding, advocacy, and technology are critical to promote change in aging services.

C. Kelly is working with senior managers and the leadership team on strategic plan action steps and priorities. Kelly stressed the importance of investments in technology and advocacy efforts with legislature to promote ongoing investment in programs.

D. Minuteman continues to seek new opportunities to expand funding. Minuteman continues to advance operations through data, stories, advocacy, funding, technology, and new programs that address social determinants of health.

7. ASA: Malcolm will be retiring as of June 30. Claire Foley will be in the leadership position.
8. New Business: Marge will continue as MSS representative to the COA Board. The secretary position is still open.
Police Civilian Board, Anne reporting. No update.
9. Motion to adjourn at 6:42pm, Jill so moved, Anne seconded.